

0-3 Secondary Prevention Initiative: FY 2004 Report

"Prevention Works"

The *Zero to Three (0-3) Secondary Prevention Initiative* is a statewide, community-based collaborative initiative aimed at developing an integrated system of services for Michigan families with children ages 0-3 who are at risk of abuse and neglect. These programs serve our more vulnerable populations and those families and children typically not eligible for services in most human services agencies.



Fact...

90% of the Jump Start families did not visit the hospital emergency rooma huge cost-saving goal of this model (and for the state of MI, particularly at this time).

Ellen Whipple, Ph.D.
Michigan State University
Jump Start Family Outreach
Program-Ingham County

There were 36 Secondary Prevention Programs in 45 counties in the initiative for the fiscal year 2004. These served 1,964 pregnant women and 11,168 families with 12,948 children ages 0 to 3. For over 5 years, these programs have demonstrated that early intervention pays...both in human and monetary terms. They have also shown that early investment in children ages 0-3 and their families:

- **Builds protective factors.**
- **Reduces the incidence of abuse and neglect.**
- **Increases child well-being and future outcomes, including going to school ready to learn.**
- **Reduces related costs such as the use of the emergency room for primary health care.**
- **Leverages money for prevention.**
- **Results in significant cost savings and has been the catalyst for system development (e.g. *Great Parents Great Start*, etc.).**



These unique, targeted programs have demonstrated rather dramatically that "**prevention works**" both in outcomes and for the families served. Further, several of these are state, national and internationally recognized programs that not only demonstrate success but also provide leadership to the field of child abuse and neglect prevention.

Outcomes & Compelling Facts

- **36 grantees in 45 counties served 1,964 pregnant women & 11,168 families with 12,948 children ages 0 to 3.**
- **Based on a sample of 2077 children served by the Zero to Three Prevention programs in 2000-2004, 96.1% did not have a Child Protective Services substantiation*** while enrolled in or after exiting services.
- **83.2% of families served have a health care provider.**
- **78.5% of the children served are up-to-date with age appropriate immunizations.**
- **84.5% of the pregnant women served received adequate prenatal care.**
- **72.8% of the children are current with well-child visits.**
- **Zero to Three funds provided 34,090 home-visits and 106,345 total services in fiscal year 2004.**
- **A pilot program of Zero to Three grantees measured changes in parenting attitudes, using the Adult Adolescent Parenting Inventory (AAPI-2). Parents had significant increases in the appropriate expectations they place on children and in understanding and acting within appropriate family roles.**
- **100% of the programs provide or connect families with other resources in the community.**
- **94% of the families surveyed were satisfied with the program.**
- **The counties with 0-3 Secondary Prevention services are less likely to have substantiated cases of child abuse and neglect for children ages 0-3 than those counties without services.**

*To establish by proof or competent evidence.

Zero to Three (0-3)

Zero to Three Secondary Prevention programs are dedicated to the prevention of child abuse and neglect. They also promote positive outcomes for children, families and communities. Although many of the programs have different names and are as diverse as the families they serve, they also have many areas in common. These include:

- Best practice or **evidence-based models** for delivery of services (*Healthy Families America, Healthy Start, Fussy Baby, Olds Nurse-Family Partnership, and Parents as Teachers*).
- **Home visitor program** component.
- **Measurable goals and objectives** (with results accountability) with a subset of indicators that are common across all of the programs.
- **Meeting an identified need unique to each community.**
- Serving **families with multiple risk factors** (average is 3 or more). Examples of these factors include: *living in poverty, homelessness, multiple crises or stresses, domestic violence, a history of abuse and neglect, mental illness, infants with chronic illness, low birth weight, teen parents, developmental delays, inadequate support systems, single-parent families, or drug-exposure.*

Zero to Three is funded through a creative blending of appropriations from **the Departments of Community Health** (\$524,000), **Human Services** (DHS, formerly the Family Independence Agency, FIA) (\$4,000,000) **and State School Aid** (\$250,000). It is administered by the Children's Trust Fund on behalf of the collaborative partners and advised by an interagency steering committee. The enabling legislation for the initiative is PA 294 of 1998 (FIA); PA 121 of 2001 (State School Aid), and PA 296 of 2000 (Community Health). The legislation requires that 0-3 funds shall be used for grants to support community-based, collaborative, and secondary prevention programs designed to:

- **Foster positive parenting skills.**
- **Improve parent/child interaction.**
- **Promote access to needed community services.**
- **Increase local capacity to serve families at risk.**
- **Improve school readiness.**
- **Support healthy family environments that discourage alcohol, tobacco, and other drug use.**

Fact...

A 5-year follow-up study found that the incidence rate for child abuse and neglect was only 2% for Healthy Start Oakland participants versus 14% for the comparison or control group. The incidence rate for 2004 was only 3%. (1)

**Melissa Freel, Director
Healthy Families Oakland**



(1) Melissa Freel, 2004 Healthy Start/Healthy Families Report.

0-3 AAPI Pilot

Five pilot sites submitted data over the two and a half years; overall, 742 participants had at least one administration of the AAPI-2. The inventory was administered to participants at in-take, every six months while in the program, and at termination in order to monitor changes in parenting attitudes over time.

From the spring of 2002 to September 2004, the Zero to Three Secondary Prevention Program has been piloting the Adult Adolescent Parenting Inventory (AAPI-2) as an evaluation tool.

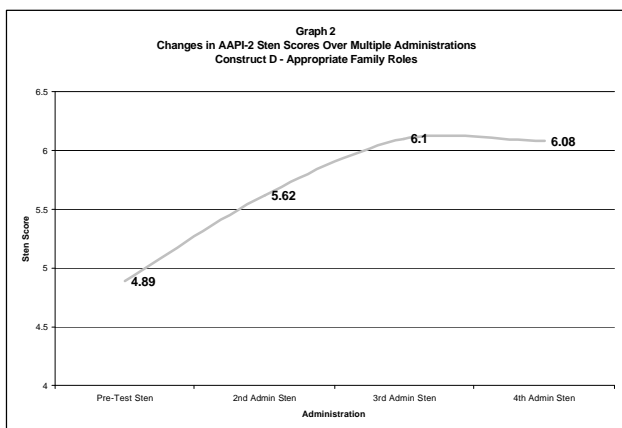
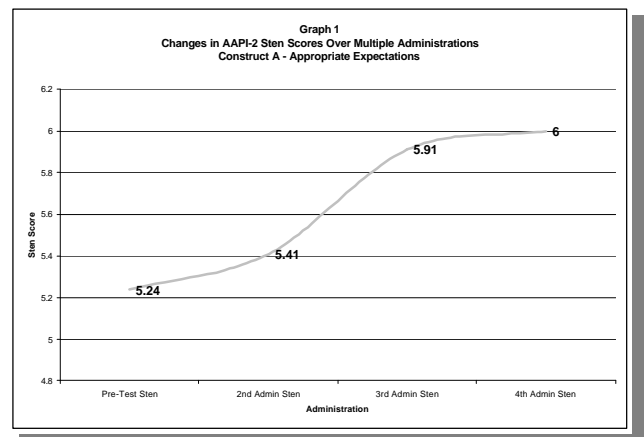
The AAPI-2 is designed to assess the parenting and child rearing attitudes of adult and adolescent parents and expectant parents. Based on the known parenting and child rearing behaviors of abusive parents, responses to the inventory provide an index of risk for practicing behaviors known to be attributable to child abuse and neglect.

Responses to the AAPI-2 provide an index of risk in five specific parenting and child rearing behaviors:

- Inappropriate Expectations of Children.
- Parental Lack of Empathy Toward Children's Needs.
- Strong Belief in the Use of Corporal Punishment as a Means of Discipline.
- Reversing Parent-Child Role Relationships.
- Oppressing Children's Power and Independence.

Parenting Attitudes Have Positively Increased

The following information is based on the analyses of the data on the participants who had at least four administrations of the AAPI-2. Over the 31 months of the pilot project, the five programs showed moderate to significant ability to increase parenting practices in three of five parenting categories. Most notable, both the Appropriate Expectations of Children and Appropriate Family Roles have shown significant increases. Graph 1 (above) shows the change in mean scores over time for the Appropriate Expectations of Children from a pre-test average of 5.24 to a final score of 6.00. Graph 2 (below) shows the change in the mean scores over time for Appropriate Family Roles from the pre-test average of 4.89 to a final 6.08. Although not as significant, increases were also found in the appropriate empathy levels toward children from 4.77 on the pre-test to 5.28 on the third administration.



Conclusions

The results at sites that piloted the AAPI-2 have shown increases in the appropriate expectations of children and the utilization of appropriate family roles while the remainder of parenting constructs have shown nominal increases over the course of the project. There is evidence that participants (initially found to be at-risk of abuse or neglect), have made strides toward positive parenting attitudes. While causation is impossible to infer, these pilot sites contributed to the positive development of parents and other participants in the Zero to Three Secondary Prevention Program. The Zero to Three Steering Committee has elected to expand

the use of AAPI-2 to all of the 0-3 Secondary Prevention projects starting January 1, 2005 in order to systematically collect universal data that assists in the evaluation of the programming. (2)



(2) To obtain the full report contact the Zero to Three Evaluation consultant, Michael Gillespie at michael@gillespieresearch.org.

Listening to Families

Listening to families is a critical element of the 0-3 Secondary Prevention programs. Families not only gauge the impact of the services and supports given but also provide input into the ongoing, quality improvement process of these programs. Across all of the programs, there has been a unanimous theme from parent focus group respondents, customer satisfaction surveys, and other formal and informal evaluation measures that these 0-3 programs ARE positively impacting their lives.

These first hand messages demonstrate the satisfaction and learning that occurred among those families served and the providers who served them.

"It (Healthy Start) totally changed my life. When I was pregnant, I was scared to death. I had grown up in an abusive home, with physical, sexual, and mental abuse. In Healthy Start, I learned about 'time-outs', ways of nurturing, and how to improve my communication with my family and children." -Anna

Before Healthy Start, I was disorganized and unsure of what to expect from my son, spouse, and myself. Never being a 24/7 parent before, my ideas needed to be simplified and reasonable."

Before I would have taken my anger out on my child. Now I have found ways to deal with anger."

".... I was afraid. I thought I was incompetent to be a parent...had no clue of what to do and was running wild and aimlessly to an extent."



"The biggest thing that helped me as a first time parent was knowing the steps and stages of development."

"The only thing I ever got that did not come with instructions...is a child"
-A Mom

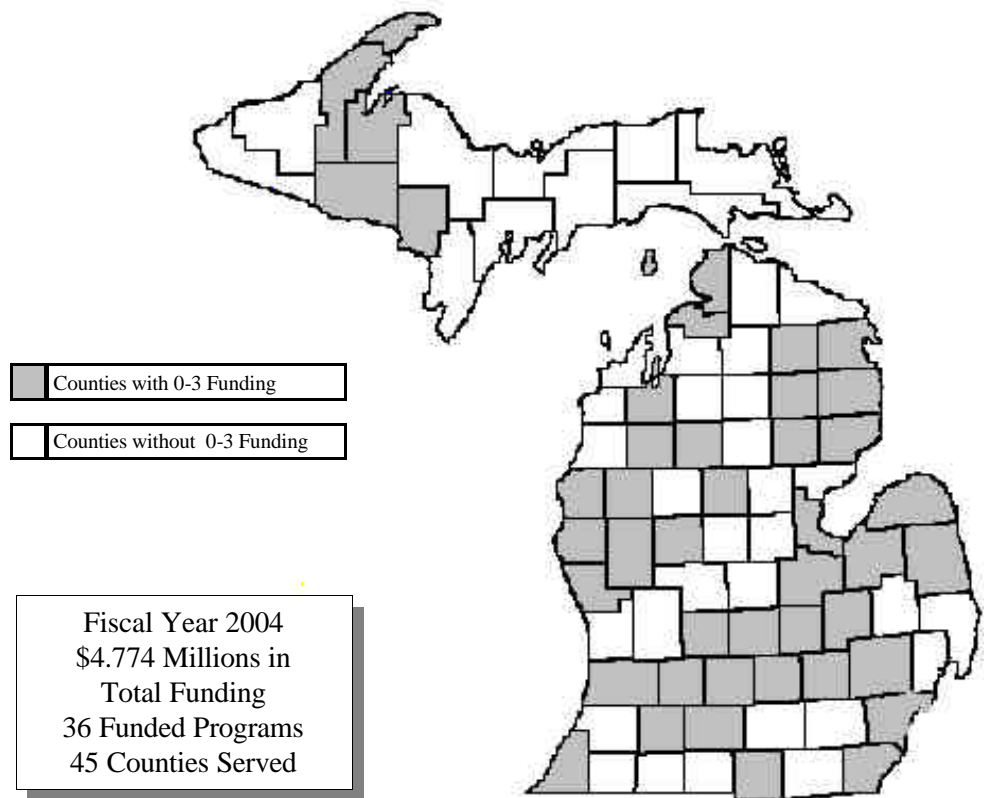
Comments from the Healthy Start/Oakland Focus Groups



Parents in 0-3 Secondary Prevention Programs Demonstrate a:

- ♥ Reduction in fear and anger.
- ♥ Increased knowledge about parenting and child development.
- ♥ Increased direction and focus.
- ♥ Increased empathy and trust.
- ♥ Increased self-esteem and confidence.

Number of Funded Programs & Counties Served



0-3 Secondary Prevention Grants FY 2004

Allegan County Intermediate School District

County Served: Allegan

Contact: Debbie Scogen (616) 673-6954

Grant Amount: \$126,264

The 0-3 Prevention project will provide early identification and referrals, home visits, parenting education classes, and bilingual parenting services. The Parents as Teacher curriculum is utilized to strengthen parent's ability to understand their child's development and prepare them for school.

AuSable Valley Community Mental Health

County Served: Iosco

Contact: Peggy Hendrickson (989) 362-8636

Grant Amount: \$77,081

The Infant Mental Health and Early Head Start programs will be enhanced to provide more intensive services for at risk families. Services provided include home visiting (emphasizing teen parents), playgroups, and case management.

Barry-Eaton District Health Department

County Served: Barry & Eaton

Contact: Suzanne Thuma (517) 541-2603

Grant Amount: \$122,250

Healthy Families Barry Eaton is a home visiting program that provides screening, assessment, parenting education, information/referral, and linkages with community services. Several curricula are utilized depending on the needs of the family.

Berrien County Health Department/ Capstone Center

County Served: Berrien

Contact: Ron Weber (269) 926-1979

Grant Amount: \$202,250

The Zero to Three program is based on the Healthy Families America model and provides Berrien County with a coordinated secondary prevention service effort that identifies families at-risk during the prenatal and newborn stage and provides appropriate early intervention services in a cohesive manner.

The Prenatal and Early Childhood Nurse Home Visitation program will provide parenting education and assessment through home visiting services to low-income, first-time mothers and their families.

BHK Child Development Board

County Served: Houghton-Keweenaw-Baraga

Contact: Rod Liimatainen (906) 482-3663

Grant Amount: \$191,422

Services include: In-home Infant Mental Health services, increased access to Public Health Infant Support Services, extension of home visitor services to Houghton, Keweenaw, Baraga County, respite care, emergency and sick-child care, and coordination of services by a newly consolidated 0-3 advisory council.

Branch-Hillsdale-St. Joseph Community Health Agency

County Served: Hillsdale

Contact: Andrea Bricker (517) 437-7395 ex.(116)

Grant Amount: \$82,250

The Healthy Beginnings program is based on the Healthy Families model and promotes positive parent/child interaction, assesses families, and promotes health childhood growth and development. Services provided include screening, assessment, home visits, team planning, and referral to community services.

Cadillac Area OASIS (Family Resource Center)

County Served: Wexford & Missaukee

Contact: Rhonda Weathers (231) 775-7299

Grant Amount: \$37,770

The Family Links Program provides home visiting services to families experiencing family, marital or partner conflict. Services include support services, parenting education, assisting the family in meeting medical, housing and childcare needs and helping to decrease family conflict and improve parent/child interaction.

Catholic Social Services

County Served: Muskegon

Contact: Monica Marshall (231) 726-4735

Grant Amount: \$162,244

The Healthy Families program is designed to promote healthy child and family development by reducing risk factors, promoting healthy habits, strengthening parent/child bonds, and empowering the family. Services include home visiting, parenting support and education, case management, support groups, and assistance in accessing community resources.

District Health Department #4

County Served: Alpena

Contact: Rosanne Schultz (989) 354-4230

Grant Amount: 123,244

The Day One program will be expanded by hiring two additional family support workers to serve all families identified as being at risk for child abuse and neglect. The program is modeled after the Healthy Families program and provides home visiting services, a parent support group, and information and referral.

District Health Department #4

County Served: Montmorency

Contact: Rosanne Schultz (989) 354-4230

Grant Amount: \$71,371

The Day One program will provide enhanced parenting education and support through home visiting services. The Healthy Start model is being used with the Building Strong Families curriculum and will focus on child development, discipline techniques, and positive parent-child interaction.

District Health Department #10

County Served: Lake, Mason, & Oceana

Contact: Marcia Walter (231) 689-7321

Grant Amount: \$162,250

The Parents as Teachers model will be used to provide parent education support, information/referral, male parent involvement advocacy services, and in-home nurse visitation. Priority will be given to parenting teens or pregnant families.

Family and Children Services

County Served: Calhoun

Contact: Ted Lindberg (269) 344-0202

Grant Amount: \$137,819

Healthy Families Calhoun provides home visiting services to families with children between the ages of 0-3 years who have been identified to have risk factors for child abuse and neglect. Services provided include assessment, parenting education, linkages to health care services, and case management.

Genesee Coalition on Adolescent Pregnancy Parenting and Prevention

County Served: Genesee

Contact: Dorothy LaVictoire (810) 235-1491

Grant Amount: \$82,250

The Parents in Process Project is targeted to teen parents 12-19 years with children aged 0-3. The project will provide support and services to increase appropriate developmental milestones for children, access to and utilization of health care services, and positive parenting skills.

Huron County Health Department

County Served: Huron

Contact: Gretchen Tenbusch (989) 269-9721 x115

Grant Amount: \$46,639

Various services will be provided with the 0-3 grant including a 0-3 Family Mentor, playgroups, expansion of the Maternal Support Services/Infant Support Services using the Building Strong Families model, and a Parenting the Second and Third Year Newsletters.



Clinton County Family Resource Center

County Served: Clinton

Contact: Howard Comstock (989) 224-1173

Grant Amount: \$118,326

The Healthy Start program will provide universal screening of all births in Clinton County, service coordination and referrals, home visiting services focusing on child development and parent-child interactions, and long-term parenting education and support. The MELD model will also be utilized.

Dickinson/Iron District Health Department

Counties Served: Dickinson & Iron

Contact: Joyce Ziegler (906) 265-4156

Grant Amount: \$79,338

The I.M.P.E.T.U.S. project provides home visiting services focused on improving outcomes for the family. Services include parenting education, Welcome Newborn Resource Guide, parenting newsletters, and information/referral.

District Health Department #2

County Served: Alcona, Iosco, Oscoda, & Ogemaw

Contact: Laura Chapman (989) 343-0703

Grant Amount: \$162,250

The Family Matters program will provide in-home services to at-risk families in the four-county area who are not eligible for other support services. Services will also include: parenting classes, monthly newsletters, and information and referral.



0-3 Secondary Prevention Grants FY 2004

Ingham County Health Department

County Served: Ingham

Contact: Stacey Meyer (517)702-3520

Grant Amount: \$133,450

The Jump Start Family Outreach Program provides voluntary, intensive, long-term support and education to families through home visiting services using the Healthy Families America model.

Ionia County Intermediate School District

County Served: Ionia

Contact: Cheryl Granzo (616)527-4900, ext. 1410

Grant Amount: \$148,650

The Begin with Babies project targets families that are low income and have three or more identified risk factors. The Parents As Teachers curriculum is used to assist families to increase their parenting knowledge and skills. Playgroups and home visiting services are also provided.

Kalamazoo Child Guidance

County Served: Kalamazoo

Contact: Aileen McKenna (269) 343-1651

Grant Amount: \$150,250

The Parents as Partners/Healthy Families program provides a variety of services including regularly scheduled home visits, parent support groups, and a monthly newsletter. The program uses a variety of curriculums to work with families on developing basic parenting skills and an understanding of child development.

Mid-Michigan Community Action Agency

Counties Served: Clare & Mecosta

Contact: Kendra Curtiss (989) 386-3805

Grant Amount: \$92,526

Home-based Infant Mental Health services are provided to families with children 0-3 years old. Individual and family therapy is given as well as developmental assessments and guidance, resource identification and acquisition, emotional support, bonding and attachment guidance, crisis planning, advocacy, and parenting education mentoring.

Monroe County Intermediate School District

County Served: Monroe

Contact: Douglas Redding (734) 242-5799, ext. 1912

Grant Amount: \$28,076

The Healthy Start program will be expanded to serve at-risk pregnant teens and teen parents in Monroe County. Program enhancements will also allow for prenatal services and pre and postnatal classes to be provided.

MSU Extension – Bay County

County Served: Bay

Contact: Howard Wetters (989) 895-4026

Grant Amount: \$117,944

Expanded home visiting services, hospital screenings, a central intake and referral system that includes a 1-800 number, and educational and developmental mailings for enrolled families, will be provided for at-risk families in Bay County.

MSU Extension – Grand Traverse County

County Served: Grand Traverse

Contact: Jennifer Berkey (231) 922-4620

Grant Amount: \$145,465

The Healthy Futures program will be expanded by hiring one public health nurse to provide service coordination and home visits to at-risk families. Training on the Parents as Teachers Curriculum will also be available to county service providers.

MSU Extension-Sanilac County

County Served: Sanilac

Contact: Gail Innis (810) 648-2515

Grant Amount: \$82,250

Healthy Families Sanilac is modeled after the Healthy Start program and provides home visiting services to new parents. Through the program families learn about child development, nutrition and infant feeding, appropriate guidance and discipline, infant and toddler health care, and life skills.

Newaygo Public Schools

County Served: Newaygo

Contact: Terri Dodson-Garrett (231) 652-3629

Grant Amount: \$162,250

The Parents as Teachers curriculum will be integrated with direct services in the county by training 16 current staff. Home visits, a packet of health information, parenting groups, and parenting education opportunities will also be provided to at-risk families.



Northwest Michigan Community Health Agency

Counties Served: Charlevoix & Emmet

Contact: Patricia Fralick (231) 347-6014

Grant Amount: \$93,464

The Teen Parent Program serves pregnant or parenting teens with parenting education, information and referral, home visits, and access to substance abuse services and medical care.

Oakland Family Services

County Served: Oakland

Contact: Barbara Hoffman (248) 858-7766

Grant Amount: \$122,250

The Fussy Baby Program is targeted at families with infants and toddlers from birth to three years who are evidencing regulatory or behavioral difficulties that place them at high risk for abuse and neglect. The program offers assessment, service planning, coordination, and intervention in a strength-based, family friendly prevention service model.

Saginaw County Child Abuse and Neglect Council

County Served: Saginaw

Contact: Suzanne Greenberg (517) 752-7226

Grant Amount: \$202,250

The Birth Through Three Educational Program is based on the Healthy Families America model and utilizes the Parents as teacher, Building Strong Families, and SKI*HI Parent/Infant curriculums. The programs provides comprehensive assessment, weekly home visiting, and parent support services.

Salvation Army

Served: Wayne

Contact: Maureen Northrup (313) 537-2130

Grant Amount: \$74,250

The Next Step program targets pregnant and parenting teenage mothers with 0-3 year old children. The grant will expand the program to serve more families and will also provide intensive services in the areas of home visits, case management, and group services.

Shiawassee County Health Department

County Served: Shiawassee

Contact: Rose Mary Asman (989) 743-2355

Grant Amount: \$137,774

The Healthy Families program will be expanded to provide home visiting services to at-risk families in Shiawassee County. Case management and linkages to other needed services will be provided by a multi-disciplinary team.

Spaulding for Children

Spaulding For Children

County Served: Wayne

Contact: Ann Funchess (248) 443-0300

Grant Amount: \$162,250

The Parenting Consortium program targets low income families who live in Detroit, Highland Park, and Hamtramck who are pregnant or have at least one child between birth and age three. Services include parenting education, child assessment, health and economic support services, and linkages with community resources.

St. Joseph Mercy Hospital

County Served: Oakland

Contact: Kathleen Strader (248) 335-5638

Grant Amount: \$162,250

Healthy Start/Healthy Families Oakland works with St. Joseph Mercy Hospital and Providence Hospital to screen all newborn families. At risk

families will receive home visiting services to promote health child growth and development, improved parent-child relationships, and enhanced family functioning.

Starfish Family Services

County Served: Wayne

Contact: Janet Trost - (734) 595-0411

Grant Amount: \$162,250

The After Baby Comes project serves families in the City of Detroit, western Wayne County, and the Downriver areas. Based on the Healthy Start Model, the project provides initial assessment, parent support, home visiting, supportive phone calls, infant massage, and educational and play group opportunities.

Tuscola County Health Department

County Served: Tuscola

Contact: Gretchen Tenbusch (989) 673-8114, ext. 115

Grant Amount: \$133,788

Home visiting services will be expanded and support groups will be created for at-risk families in Tuscola County. Services will be coordinated through a central intake, assessment, and database of families.

Women's Resource Center

County Served: Livingston

Contact: Pam Carter (517) 548-2200

Grant Amount: \$61,498

The Healthy Families Livingston program serves at-risk families with home visiting services. By nurturing the parent or other caregiver, the Family Support Workers model appropriate behavior, encourages goal setting and health maintenance, teaches problem solving skills, and assists family with health parent-child interaction and child development